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NEWS WORTH SHARING.

Hong Kong cops soften tactics

Pro-democracy protests grow as police defend their use of tear gas on citizens PAGE 11

Magnotta schizophrenic, defence claims

Highly publicized murder trial begins PAGE 10

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Detainee feared torture: Inquest

Jimenez. Woman in custody might have thought suicide was preferable to returning to Mexico: Testimony

Lucia Vega Jimenez is shown in a coroner's inquest handout photo released Monday. Jimenez died in hospital days after she was found hanging in a Canada Border Services Agency holding cell at Vancouver's airport in December 2013. THE CANADIAN PRESS

Just days before she hanged herself in December 2013, Lucia Vega Jimenez cut fruit and chatted about international Christmas traditions with inmates inside a maximum-security women's prison east of Vancouver.

The 42-year-old Mexican national was also calling legal aid daily, trying to obtain a lawyer, as the deadline loomed for a crucial document that would help her fight a deportation order.

Two women incarcerated with Jimenez at Alouette Correctional Centre for Women described her deteriorating behaviour to a coroner's jury Monday, saying their friend eventually revealed she feared being killed if she was deported to Mexico.

"She was thinking that she was going to go to Mexico and be tortured to death," said Barbara Dennis, an American citizen awaiting her own extradition and who also served as the prison unit's representative.

Jimenez never specifically divulged who might be after her, but based on their conversations Dennis believed the terror stemmed from a Mexican gang or drug cartel.

"I think she saw that maybe an easier way out would be to try to commit suicide and die here," Dennis said.

Jimenez was arrested Dec. 1 and taken into the custody of the Canada Border Services Agency after being stopped for fare evasion at a downtown Vancouver SkyTrain station. But the inquest heard she was not able to retain a lawyer until Dec. 13.

That gave her five days to complete an important pre-removal risk-assessment document, the key to unlocking more time to contest her removal order. Dennis said she had helped Jimenez prepare for the submission, but doesn't know why it wasn't filed.

Jimenez was transported to the Vancouver airport holding cells and found the morning of Dec. 20, hanging inside a shower stall. She died in hospital Dec. 28.

The woman's death became public only after members of the Mexican community went to media.

Claudia de Assumpcao, another inmate who testified via video link, was asked by a lawyer if Jimenez ever explained why she waived her right to her pre-removal assessment.

Both Assumpcao and Dennis were surprised by the assertion.

"She was fighting for a stay in Canada," Assumpcao said.

A CBSA officer tasked with enforcing removal orders told the inquest Jimenez's lawyer did not submit the crucial document by deadline. Raman Vandher said Jimenez's lawyer indicated that her client had waived her right.

THE CANADIAN PRESS

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FIVE THINGS YOU NEED TO KNOW TODAY

1
TAKE THE LEAD
The Art of Leadership brings a full day of learning today to The Centre from the likes of gold medallist Hayley Wickenheiser and former New York City mayor Rudy Giuliani.

2
FEMINIST FORUM
The Feminist Alliance for International Action is holding a forum tonight on the disappearances and murders of aboriginal women and girls in Canada and the debate on a national inquiry.

3
BYNES ON BAIL
Actor Amanda Bynes was arrested early Sunday in California on suspicion of driving while under the influence of a drug, authorities said Monday. She was released on $15,000 bail.

4
THIS IS ... PRICEY
A restaurant in the heart of London's swish Mayfair claims to have created the world's most expensive cocktail, in honour of singer Grace Jones, valued at more than $14,300.

5
NO GALS ALLOWED
Iceland is hosting a UN conference on women and gender equality — and only boys are invited. It will be the first time the UN will gather only male leaders to discuss gender equality.

'We've said we need more time'

Tent city. Lawyer requests halt to city's move to dismantle Oppenheimer Park setup

A lawyer representing the homeless at Oppenheimer Park's ongoing tent city has sought an adjournment to the City of Vancouver's application for an injunction.

DJ Larkin, a lawyer with the Pivot Legal Society, asked for a 10-day adjournment in B.C. Supreme Court on Monday so she can prepare a case against the city's application, which was filed late last week.

"(The city) gave one working day's notice. People were served with documents Thursday afternoon at 5 p.m. and, in fact, not everyone that was named as a defendant in that action received those documents or knew until well into the weekend that they need to come to court," said Larkin. "We've said we need more time."

The city is seeking to dismantle the Downtown Eastside camp (which started in July and has grown to more than 200 people), citing deteriorating weather, risk to public safety and a stream of shelter beds and housing options opening in the next few months as justification to shut it down.

But Larkin argues that displacing the people at the camp before housing is found for them is reckless.

"We can't just disperse the crowd at Oppenheimer Park right now and do it in a way that isn't going to put people's lives in danger," she told media after court proceedings on Monday. "The housing options that Vancouver is proposing aren't available until October, November or January. Shelter options are not sufficient and not adequate to house people.

The city announced last week it will open a former hotel at 1335 Howe St. that's slated for redevelopment as temporary housing for 157 people in November.

It has also opened 70 new shelter spaces and says three affordable housing developments, with 249 units total, are slated to open in the next few months.

Until then, and despite the city's concerns, residents of the camp who accompanied Larkin at a news conference insist the park remains the safest place for them.

"Yes there is violent incidents, but it's a safe place," said camper Jeffrey Dean Caldwell. "We're always going to have that mix of people in the Downtown Eastside of people that cause issues, but they're still part of our community."

Caldwell said conditions at single-room occupancy hotels — the only affordable housing option for many people at the camp — are often deplorable, with residents living among cockroaches and being forced to share bathrooms without working toilets and showers.

Overnight shelters, meanwhile, feel "like jail."

Most prefer life at the tent city, Caldwell said.

The court will rule on Larkin's request Tuesday morning.

Meanwhile, Pivot and the B.C./Yukon Association of Drug War Survivors won another court battle on behalf of homeless people on Monday.

The B.C. Supreme Court ruled against the City of Abbotsford's attempt to strike down a lawsuit challenging the constitutionality of city bylaws that prevent people from being in parks overnight or erecting basic survival structures.

Larkin said that issue will now likely go to trial early next year. MATT KIELTYKA/METRO

The homeless camp at Oppenheimer Park in Vancouver's Downtown Eastside on Thursday. JENNIFER GAUTHIER/METRO

Quoted

"The worst thing we can do with people right now is disperse them, send them back into the streets where they're alone and, honestly, make it impossible to track people down so when this housing becomes available they can actually access it."

DJ Larkin, lawyer with the Pivot Legal Society

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Car-dependent neighbourhoods paving way to 'perfect storm' of poor health?

UBC study. Metro Vancouver residents report strong desire for walkable neighbourhoods

THANDI FLETCHER
thandi.fletcher@metronews.ca

A woman walks through a patch of sunlight as it shines between two office towers in Vancouver in January 2013. A new study from the University of B.C. suggests a lack of affordable, walkable neighbourhoods is linked to poor health. DARRYL DYCK/THE CANADIAN PRESS

A lack of affordable housing in Metro Vancouver is forcing many residents who want to live in pedestrian-friendly neighbourhoods to move to car-dependent areas, which could be negatively affecting their health, according to new research from the University of B.C.

Lead researcher Larry Frank, a professor at UBC's School of Population and Public Health, said the study's findings highlight a need for politicians, real-estate developers and health-care providers to work together to bring housing costs down and build more pedestrian-friendly, healthier neighbourhoods.

"We have a perfect storm in front of us with an aging population, increased chronic disease and people living in sedentary, unwalkable environments," said Frank.

The researchers surveyed 1,233 Metro Vancouver residents aged 25 and older, finding that 64 per cent of Vancouver residents and 40 per cent of people living in other areas of Metro Vancouver reported a strong desire to live in a neighbourhood where they can walk to shops, services, green spaces and transit.

Those who live in pedestrian-friendly neighbourhoods reported walking 4.8 days a week for transportation, while those who live in car-dependent areas walked 1.4 days a week for transportation.

That could have a negative impact on health, the researchers found, with people living in car-dependent areas reporting a 21 per cent incidence of high blood pressure, compared to 10 per cent in pedestrian-friendly neighbourhoods.

People in car-dependent neighbourhoods reported an 18 per cent incidence of obesity, compared to eight per cent in pedestrian-friendly neighbourhoods.

Dr. Helena Swinkels, medical health officer for Fraser Health, said the study shows there is "untapped potential" to increase physical activity in Metro Vancouver by ensuring more people have the option to walk, cycle or take transit.

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Banff summit

Health ministers urged to safeguard public system

Provincial and territorial health ministers will gather in Banff this week, and advocates of Canada's public health-care system are urging them to protect medicare while they're there.

Dr. Vanessa Brcic of the B.C. Health Coalition said a lack of federal leadership on health care has led to a proliferation of private health-care services across the country, with British Columbia leading the way.

"There's definitely a tremendous movement towards for-profit care simply because the profit that you can make from illness and suffering is absolutely tremendous," Brcic said Monday outside Vancouver's Cambie Surgery Clinic, which has been accused of illegally charging patients for publicly insured procedures. **THE CANADIAN PRESS**

Sochi mission

Coun. Stevenson hails IOC clause on discrimination

The team of Vancouverites that travelled to Sochi to pressure the International Olympic Committee to focus on LGBTQ rights is thrilled the organization has introduced a non-discrimination clause into its host city contract.

The IOC will require all host cities from 2022 forward to sign a contract prohibiting discrimination based on "race, religion, politics, gender or otherwise," The Associated Press reported last week.

"This is a big, big, big win," said Vision Vancouver Coun. Tim Stevenson, who was part of the team, on Monday. "It's exactly what I was talking with them about, and they promised they'd act and they've made good on their promise." **EMILY JACKSON/METRO**

Expanded service

Modo merges with Victoria Car Share

Customers that use Victoria Car Share and Modo the Car Co-op in Vancouver will soon be able to access vehicles in both cities, as the two companies announced plans to merge Tuesday.

Modo CEO Nathalie Baudoin said the friendly merger will allow customers to use their memberships in both cities.

As part of the merger, which is expected to go ahead in spring 2015, Victoria Car Share's vehicles will be updated to include Modo's on-board technology, which tracks mileage electronically. Previously, Victoria customers were required to manually track mileage and gas.

Victoria Car Share has 23 vehicles and 800 members, while Modo's Vancouver fleet has 345 cars and 11,000 drivers. **THANDI FLETCHER/METRO**

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City to reveal inner workings for a day

Doors Open. Free event on Saturday a result of the mayor's engaged city task force

EMILY JACKSON
emily.jackson@metronews.ca

Those who would love to lift the curtain on municipal operations will get the chance to take a closer look this weekend.

The city is hosting its first Doors Open on Saturday, a one-day event in which people can tour more than 20 city buildings, including theatres, city hall, the animal shelter and the police department's mounted unit.

It's a chance for the public to connect and get a look at activities — such as answering 311 calls or training for a fire rescue drill — that usually happen out of sight, according to the city's communications department.

Toronto, New York and London have similar events that have attracted hundreds of thousands of people, according to the city.

The event came about due to the mayor's engaged city task force, which passed a strategy in early 2014. The task force itself was created in response to a depressing 2012 Vancouver Foundation survey that noted a rise in civic malaise and social isolation.

Details

Doors Open tours are free and run 10 a.m. to 5 p.m.

- Some require advance registration.
- Visit doorsopenvan.ca for details.

Inside Woodwards, a former Downtown Eastside department store, now a mix of living, business, art and government spaces. COURTESY DOORSOPENVAN.CA

Yaletown. Stoned dog sparks warning to pet owners from B.C. SPCA

A Yaletown dog that went on an accidental drug bender has been returned to its owner on condition the canine stay sober, according to the B.C. SPCA.

Marcie Moriarty, the B.C. SPCA's chief prevention and enforcement officer, said the agency seized the Pomeranian, named Carter, in early August after its owner brought the dog to a Yaletown veterinary clinic.

Moriarty said the owner was concerned the dog may have accidentally ingested either marijuana or cocaine in an apartment where she was living temporarily.

The SPCA agreed to return to the dog after learning the owner was in the process moving out of province, and that the dog wouldn't be living in the same environment, Moriarty said.

The B.C. SPCA sees about 10 cases a year where animals are seized as a result of ingesting drugs, Moriarty said.

"Most of the time it's a situation of an accidental ingestion, but there are circumstances where for some reason an owner has purposefully given a pet drugs," she said.

Moriarty said it's important for pet owners to come clean with veterinarians if they suspect their pet has ingested drugs to ensure the animal gets proper care.

"It can be toxic," she said. "If it doesn't result in a death, it puts them through a pretty traumatic health ordeal which could be avoided."

THANDI FLETCHER/METRO

Quoted

"If it doesn't result in a death, it puts them through a pretty traumatic health ordeal which could be avoided."

Marcie Moriarty, the B.C. SPCA's chief prevention and enforcement officer, warns pet owners about the dangers of their pets ingesting drugs.

Park board considers sizable investments in its capital plan

The park board plans to invest in community centres in its 2015 to 2018 capital plan. In this photo, Vancouverites work out at the Killarney community centre.

METRO FILE

Community centre updates, park expansions. 'We're all very, very pleased with this,' said park board chair Aaron Jasper

Commercial Drive community centre users and residents near numerous condo projects at the south end of Cambie Street are poised to win big in the next major round of civic funding.

A $25-million renewal of the Britannia community centre was the big ticket item in the Vancouver park board's 2015 to 2018 capital plan, which the park board voted on Monday night. The second largest part of the plan included $20 million to purchase 10 acres of land to expand Fraser River Park at the foot of Cambie.

"We're all very, very pleased with this," Vision Vancouver park board chair Aaron Jasper said. He said the plan balances the needs of maintaining existing infrastructure and green space with creating new facilities.

Britannia is slated for big upgrades because it combines a variety of services at one complex, Jasper said. Built in the early 1970s, the community centre needs improvements to the swimming pool, fitness centre and gym. But that's just the tip of the iceberg — up to $75 million more will be needed to completely renew the facility over the next two capital plans, according to the park board.

"We quite literally have run out of room," said Gwen Giesbrecht, president of the centre's board of directors. "We would love to see some renewal of our facilities."

The $155-million plan also allows for investment in Hastings Park, a new outdoor track facility and more than 40,000 new trees. EMILY JACKSON/METRO

Online

For updates on this story, visit metronews.ca.

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A model holds the Nexplanon birth control hormonal implant. Sexually active teen girls are encouraged to use IUDs or hormonal implants, birth control methods the American Academy of Pediatrics says are more effective than simply using birth control pills or condoms. MERCK/THE ASSOCIATED PRESS FILE

Long-acting birth control better for teens: Doctors

Superior success rate. IUDs and hormonal implants are near 100 per cent effective, U.S. pediatrics group says

Teen girls who have sex should use intrauterine devices (IUDs) or hormonal implants — long-acting birth control methods that are effective, safe and easy to use, a leading American pediatricians group says.

IUDs are small, T-shaped devices containing hormones or copper that are inserted into the womb to prevent pregnancy. Hormone-based implants are matchstick-sized plastic rods that go under the skin of the upper arm.

In an updated policy, the American Academy of Pediatrics says condoms should be used every time teens have sex to provide protection against sexually transmitted diseases that other forms of birth control don't provide. While condoms are the most common birth control choice among teens, they are among the least effective methods.

The pediatrics group said both IUDs and hormonal implants have lower failure rates — nearly 100 per cent effective — than birth control pills, patches and injections.

While more expensive initially, the medical procedure saves people money in the long run compared to over-the-counter birth control options that must be consistently used, said Dr. Mary Ott, a pediatrics professor at Indiana University.

IUDs last between three to 10 years, while hormonal implants last three years

"All methods of hormonal birth control are safer than pregnancy," Ott said.

The revised policy also addresses how excess body weight impacts the effectiveness of birth control.

THE ASSOCIATED PRESS

Fewer jobs, no kids.

Low birth rates associated with recession: Study

During recessions women have fewer babies, according to new research. A new study suggests that some women living in the U.S. through an economic downturn are less likely to have kids.

Past studies have generally shown women cut back on having babies when unemployment rises. In tough times many couples feel they can't afford to start or add to a family, therefore births decline.

Researchers used birth records and census data to track the reproductive histories up to age 40 for every woman born in the U.S. from 1961 to 1970. That's about 18 million people.

THE ASSOCIATED PRESS

Recessions and wombs

The report says 151,000 women who were in their early 20s during the 2008 recession will forgo having children at least until the age of 40.

- **Lasting impact.** The report says this means about 427,000 fewer births over a couple of decades.

Not a Jane Austen fan

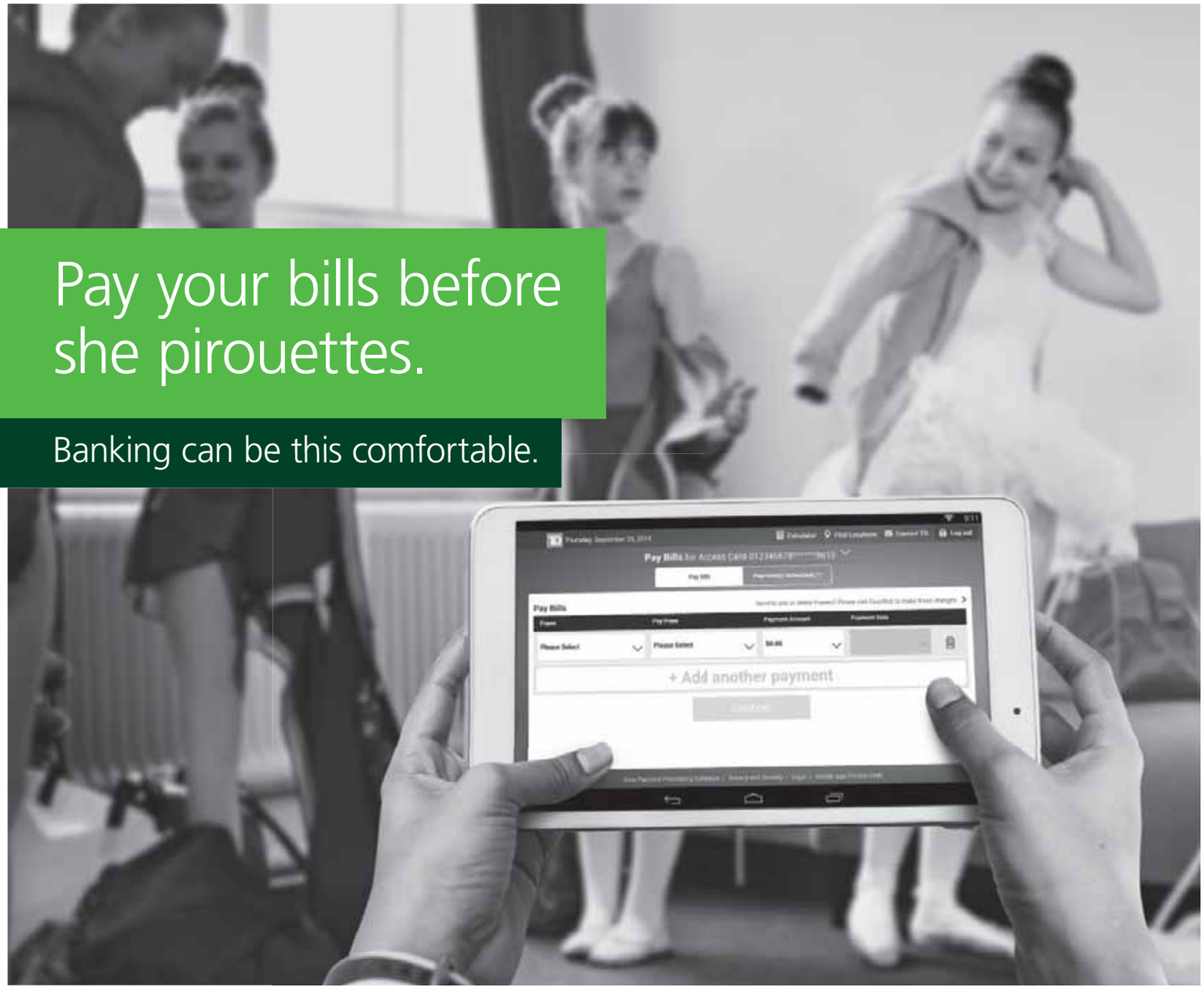
U.K. man gets 18 weeks' jail time

A 33-year-old man was sentenced to 18 weeks in prison for sending menacing messages to a lawmaker who supported a campaign to put Jane Austen on a banknote.

District Judge Elizabeth Roscoe found Peter Nunn of Bristol guilty of sending indecent, obscene or menacing messages and for tweeting Twitter posts that threatened rape and murder.

The case grew out of the successful Austen campaign, which prompted abuse on Twitter from trolls — online bullies who send abusive messages.

THE ASSOCIATED PRESS



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Fighting extremism

Anti-radicalization booklet issued by Islamic groups

Islamic groups across Canada have issued a booklet aimed at helping parents recognize when their kids are at risk of being radicalized.

The Islamic Special Services Association says the goal is to help get to young people before radical extremist groups.

The association says the 37-page booklet also helps youth understand that the Qur'an is being distorted by extremists.

The National Council of Canadian Muslims is helping to distribute the material.

Manitoba Justice Minister Andrew Swan says the strategy is similar to the province's effort to combat the recruitment of young people by gangs.

THE CANADIAN PRESS

'In poor taste'

Sun Media offers on-air apology for rant about Trudeau

Sun Media apologized on Monday for an on-air rant by Ezra Levant about Liberal leader Justin Trudeau.

The apology came at the beginning of Levant's Sun News Network show. It was read by a narrator; Levant didn't deliver the mea culpa.

"It is the view of Sun News that this segment was in poor taste and should not have been aired," the narrator intoned. "We understand why many viewers found both the content and language of this segment to be offensive. We apologize to Mr. Trudeau, his family and to our viewers."

Levant was in hot water for maligning Trudeau over a photo of him kissing a Toronto-area bride, and for slurring Trudeau's mother and late father.

THE CANADIAN PRESS

Magnotta isn't criminally responsible, lawyer tells jury

Jun Lin murder case.
Accused in notorious 2012 slaying suffers from schizophrenia, court hears on first day of trial in Montreal

Diran Lin, father of victim Jun Lin, walks to the courtroom for the murder trial of Luka Rocco Magnotta in Montreal on Monday. Magnotta is charged with the death and dismemberment of student Jun Lin, but his lawyer said Monday that his client is schizophrenic and not criminally responsible. RYAN REMIORZ /THE CANADIAN PRESS

Luka Rocco Magnotta is schizophrenic and was not criminally responsible when he killed Chinese student Jun Lin in 2012, his lawyer told jurors Monday.

Magnotta has been diagnosed with borderline personality disorder and there is a history of schizophrenia in his family, Luc Leclair said on the first day of the highly publicized first-degree murder trial.

"I intend to show to you that at the time of the events, he was not criminally responsible," Leclair told the eight women and six men who will hear the evidence.

His comments capped a stunning morning in the courtroom that began with Magnotta, 32, entering fresh not-guilty pleas to five charges, including murder.

Quebec Superior Court Justice Guy Cournoyer then advised the jurors that Magnotta had admitted to committing the crimes and that their task over the next six to eight weeks would be to determine his state of mind at the time.

Leclair revisited the matter as he spoke to the jurors.

"Mr. Magnotta has admitted the physical acts for each of the offences," he told them. "The other part to each charge is the mental part — so the defence will be focusing on that."

Crown prosecutor Louis Bouthillier told jurors he expects to show them the crimes were premeditated.

"The two words you should have in mind while listening to the evidence are 'planned' and 'deliberate,'" he said.

Magnotta was impassive as Bouthillier said the testimony of a journalist from England will indicate Lin's murder had been in the works for six months.

THE CANADIAN PRESS

Corner Gas landmark burns down

A building made famous by the hit television series Corner Gas, about small-town Saskatchewan life, burned to the ground on Sunday night.

Grant Clarke, mayor of the small town of Rouleau, Sask., where the former CTV comedy was filmed, said hundreds of people watched as flames engulfed the building.

The structure was used as the local supermarket Foo Mart in the show that featured the fictional town of Dog River. It had become home to a business manufacturing orthopedics.

Clarke said the fire was reported around 5 p.m. as 180 people attended an anniversary party at the nearby town hall.

"Someone came in and said there's smoke coming out of the adjoining business," said Clarke.

The fire had grown quickly by the time crews arrived.

"By that time, there was too much smoke and heat. Really they weren't able to get into the building."

Police said no one was hurt and no other buildings were damaged. THE CANADIAN PRESS

A building in Rouleau, Sask., made famous by the hit TV series Corner Gas burned to the ground Sunday night. JOAN CLARKE/THE CANADIAN PRESS

Police in Hong Kong ease up on protesters

87 rounds of tear gas. Forceful attempts to disperse demonstrators Sunday drew tens of thousands more into the streets

Student protesters connect electric extension cords to charge their phones during a sit-in protest in Hong Kong, Monday. WALLY SANTANA/THE ASSOCIATED PRESS

Hong Kong's embattled police defended their use of tear gas but softened their tactics Monday after forceful attempts to quell pro-democracy protests drew tens of thousands more people into the streets in an unprecedented show of civil disobedience.

"The students are protecting the right to vote, for Hong Kong's future. We are not scared, we are not frightened, we just fight for it," said Carol Chan, a 55-year-old civil service worker who said she took two days off to join the protests after becoming angered over police use of tear gas Sunday.

Instead of candlelight, a few hundred people staged a brief "mobile light" vigil Monday night, waving their glowing cellphones as the protests stretched into their fourth day. Crowds chanted calls for the city's unpopular leader, Chief Executive Leung Chun-ying, to resign, and sang anthems calling for freedom.

Students and activists have been camped out since late Friday, demanding that Beijing grant genuine democratic reforms to the former British colony.

Signalling it doesn't expect a quick end to the demonstrations, the government said it was cancelling a fireworks display planned for Wednesday's celebration of National Day.

During that holiday and a traditional holiday on Thursday, still larger crowds could flood the streets.

THE ASSOCIATED PRESS

Political dilemma

Beijing can't crack down too harshly

Pro-democracy protests in Hong Kong have handed China's Communist leadership a thorny political dilemma. Beijing cannot crack down too harshly on the semi-autonomous territory where a freewheeling media ensures global visibility, but it is determined to end the demonstrations quickly so as not to embolden dissidents, separatists and anti-government protesters elsewhere in China. It has blocked most news and images of the protests from being published on the mainland.

Artists target U.S. gun violence in exhibit at New Orleans gallery

The wall of a downtown New Orleans art gallery has been riddled with bullet holes.

It's not another act of brazen gun violence but rather a thought-provoking work of art. In each hole is a bullet casing, its back painted with the tiny portrait of a child under the age of 6 killed in New Orleans gunfire.

The persistence of urban gun violence has inspired more than 30 artists from across the country to contribute to the exhibit, Guns in the Hands of Artists.

The artists took the stocks, barrels, cylinders and other parts of dismantled guns slated to be destroyed through a city buyback program and transformed them into art. The exhibit is opening Oct. 4 at the Jonathan Ferrara Gallery in New Orleans, for decades one of America's deadliest cities.

Although murder rates are down from recent years, shootings persist. A pizza delivery driver was recently shot to death during a delivery. Over the summer, a drive-by shooting left two people dead and several others injured, including a woman and her two young children. Another shooting killed a woman on the city's famous Bourbon Street.

THE ASSOCIATED PRESS

This Tuesday photo shows a detail of the artwork Marigny Warning by John Barnes at Dillard University in New Orleans. GERALD HERBERT/THE ASSOCIATED PRESS

Market Minute

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'Tis the season to shop?

Macy's is boosting staffing for holiday shopping season

Macy's plans to hire about 86,000 seasonal holiday workers across the United States to bolster its stores, call centres and distribution hubs, a 3.6 per cent increase from last year.

The department store chain, which also operates Bloomingdale's, said Monday that the growth is being fuelled by its expanding online business. This year, about 10,000 of the total 86,000 seasonal workers will be based in eight distribution centres across the U.S. THE ASSOCIATED PRESS

Holt Renfrew

The store for ladies who lunch opens a menswear shop

Holt Renfrew is preparing to open its first store devoted to menswear.

The Canadian luxury specialty retailer is launching Holt Renfrew Men, in downtown Toronto on Wednesday.

The two-level location is part of Holts growth plan to expand its store network by 40 per cent.

Holt Renfrew president Mark Derbyshire says the move to open a men's store is part of the retailer's efforts to "redefine luxury." THE CANADIAN PRESS

A bailout, with strings attached

The Trump Taj Mahal Hotel and Casino in Atlantic City, N.J., is pictured in 2007. Opened in 1990, the hotel includes 1,250 guest rooms. Gambling has been legal in Atlantic City, one of the few such cities in the United States, since the first casino opened in 1978. Billionaire Carl Icahn is considering spending $100 million US to save the Trump Taj Mahal casino from closing. But the offer comes with considerable strings attached: Icahn is willing to consider the bailout "if and only if" he gets big givebacks from the casino workers' union, steep tax breaks from Atlantic City and county, and $25 million in funds from a New Jersey agency. SAUL LOEB/AFP/GETTY IMAGES

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Giving the Big 3 telecoms a run for their money

Competition Bureau. A fourth national wireless carrier would mean lower prices, says a senior economist

Introducing a new national wireless carrier in Canada would result in lower consumer prices, but regulators need to do more than simply cap wholesale roaming rates to make that happen, the competition watchdog has told the country's telecom regulator.

The Competition Bureau called for new wireless regulations as the Canadian Radio-television and Telecommunications Commission launched into yet another delicate juggling act aimed at ensuring that both consumers and industry players benefit from a healthy wireless marketplace.

In a second of three major hearings being held this fall, the CRTC began public discussions Monday over the health of what is considered the backbone of Canada's retail mobile services sector: the wholesale wireless market.

The bureau told the regulator it needs to act to prevent the big three wireless carriers — Bell, Rogers and Telus — from stifling any new competition.

"An additional nationwide carrier would increase choice, expand mobile wireless penetration in Canada ... and drive down the incumbents' average retail prices by about two per cent," bureau senior economist Patrick Hughes told the hearings. THE CANADIAN PRESS

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ELLO, IS IT ME YOU'RE LOOKING FOR?

SHE SAYS

Jessica Napier
metronews.ca

Facebook celebrated its 10th anniversary back in February, which means many of us early adopters have spent over a decade with the now-ubiquitous social network. There have been plenty of growing pains along the way of course; in recent years, the loudest complaints from users have been concerns over privacy and the saturation of advertising.

Enter Ello, a new site hyping itself as the simple, beautiful and ad-free alternative to the world's largest social networking platform. Currently still in its invite-only stage, more than 35,000 people an hour are requesting to join the beta-phase bandwagon. Ello's uncluttered Tumblr-esque design features plenty of whitespace and is noticeably free of promoted posts and sponsored content.

The site doesn't have an "about" page; it has a rather dramatic anti-establishment manifesto intended to lure users away from Facebook by pointing out FB's pitfalls. "Every post you share, every friend you make and every link you follow is tracked, recorded and converted into data," it reads. "You are the product that's being bought and sold."

But isn't that always true, to a certain extent?

We rent out our eyeballs to advertisers every time we open a magazine, turn on the television or go to the movies. There's no such thing as a free lunch; someone is always going to try and sell you something, whether it's a product, a service, or an ideology.

Anyone who spends hours a day on a free website should forfeit any naive notions about privacy. It's your choice if you want to give up personal data in exchange for access to an open platform that allows you to connect with friends and family across the world, share and store images and send out party invitations with ease.

My own Facebook newsfeed is full of promotional content hawking wedding rings and weight-loss supplements. You can tell what sort of top-secret personal information advertisers are gleaning from my account: oh, a woman in her 20s — she must be desperate to be married and thin!

I'm more inclined to laugh and roll my eyes than feel like my privacy has been violated. Like any good millennial Internet user, I've simply trained myself to gloss over the ads and recognize promoted content over the legitimate updates.

Ello promises that it will never collect or sell your data to third-party advertisers. The site plans to generate revenue through other methods such as charging users a fee to personalize their profile page or download value-added features. I guess time will tell if this strategy actually pays off. I suspect most of us won't be willing to pay for services we're used to getting for free.

Despite its radical proclamations of transparency and social revolution, Ello just seems like another online destination to add to our growing list of passwords to remember and profile photos to stress over.

Burn your demons

Indian workers prepare to transport effigies of mythical demon king Ravana as part of Dussehra festivities in Mumbai, India, Monday. The effigies will be burned at the end of the 10-day long festival symbolizing the victory of good over evil. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Good triumphs over evil at Dussehra festival

Dussehra, considered one of the most important Hindu festivals, is celebrated across Nepal, India and Bangladesh in various incarnations.

The festival celebrates Lord Rama's victory over the 10-headed demon king, Ravana.

The day also marks the Goddess Durga's triumph over demons.

This year's festival kicks off Tuesday. It is usually celebrated in September or October on the 10th day of the month of Ashwin, according to the Hindu lunisolar calendar, with nine days of celebrations leading up to it. This corresponds to the Indian harvest season.

To ensure the renewed productivity of the soil, the Mother Goddess is said to be invoked.

Many people of the Hindu faith observe the celebrations through social gatherings and food offerings at home and in temples throughout India and Nepal. Parades are also held and effigies of Ravana are burned at bonfires. METRO

Etymology

- *Dasha* (sun)
  Hara (defeat)

The name Dussehra is derived from Sanskrit. It can be translated as "remover of bad fate."

MetroTube

Meowy wowy

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's not for us to tell you how you should go about enjoying a video of adorable kittens in tiny cowls performing stunts and plotting violence. But we would be remiss to not point out how the details — the guards doing nothing at all, dramatic leaps into haystacks — point to a genuine affection for the Assassin's Creed series. If you're into this, there's a whole lot more where it came from at youtube/mrtvcow.

SCREENGRAB

Twitter

@metropicks asked: Girl meets girl. Girl falls in love and proposes at Brooklyn Bridge but loses ring, dropping it forty feet. Girls crestfallen. NYC cops find ring. Girls thrilled. What's your best lost and found story?

@SudioC: My dad lost wedding ring raking leaves . It was found the following June, on wedding anniversary, after he died.

Join the conversation @metropicks.

metro AR

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In this issue, you can find AR enhancements on page 14 in Scene and page 22 in Sports.

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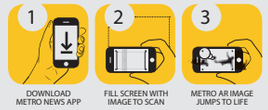

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DVD review

Transformers: Age of Extinction

Director. Michael Bay

Stars. Mark Wahlberg

Transformers: Age of Extinction, the regrettable fourth emission from Michael Bay's robot alien movie franchise, is long, loud and really stupid.

With a whole new cast of humans plus some additional robots, featuring Mark Wahlberg as lead gawker replacing the skedaddled Shia LaBeouf, director Bay has essentially rebooted his own series.

But with a bloated running time of 165 minutes, neither he nor screenwriting accomplice Ehren Kruger seems to understand or care where this noise goes anymore.

This is a property known for huge explosions and clanking machinery, and if that's what you want, Age of Extinction has plenty. As for intelligence, wit and genuine thrills, not so much.

Surrounding these earbashing bots are a gaggle of dumbfounded and/or malevolent humans and, frankly, everyone here is as boring as a tax seminar.

As a character says all too knowingly, something Bay should take to heart: "Tank's empty, bro."

PETER HOWELL

Lykke Li is Sleeping Alone and OK with it

I Never Learn. Swedish singer talks songwriting and growing up

KASIA PILAT
Metro in Boston

The day before she kicks off a three-month tour, Lykke Li is in Seattle, about to rehearse for her performance at the Moore Theatre the following night. Any musician would certainly feel some pressure facing such an intimidating tour schedule: 26 cities in 47 days, down both coasts of the States with a night in Canada and one in Mexico before eight nights in Germany, France and the U.K. But if Li feels it, she sure isn't letting it show.

"When I write, I just write whatever I'm feeling and I try to not censor myself, as I know that the truth is the most powerful," the 28-year-old Swedish chanteuse tells us of the songwriting habits that led to her three full-length albums: 2008's compelling breakout debut Youth Novels, 2011's Wounded Rhymes and I Never Learn, released earlier this year.

The albums were all met with across-the-board critical and popular acclaim, but it would be unfair to reduce Li's success to her having figured out some sort of tried-and-tested formula — the perfect combination of salty and sweet, a balance between defiance and compliance that defines her signature sound, like the dancey I'm Good, I'm Gone, off her debut album. In the end, at the core of Li's music there is pure, unrestrained honesty.

metro AR Scan this photo with your Metro News app to watch the video for Gunshot, the second single from Lykke Li's album I Never Learn.

GETTY IMAGES FILE

I Never Learn completes a truth-telling trio of albums, the last of three Li was contracted to make when she signed her record deal with LL Recordings.

"I made a choice early on, on my first record, to write very biographically about the pains and hardships and being a young woman, and I think that this time between 21 and 27 are really kind of what defines you, what's going to define who you become, so I realized I already started making a trilogy subconsciously and then I ended it with I Never Learn," she says.

In I Never Learn, Li airs out a range of sentiments that, in the hands of a less talented songwriter, could quickly have devolved into self-absorbed indulgence.

But hurt, shame, sadness, guilt and longing are her songs' specialties, and the album wraps up neatly with the closing track, Sleeping Alone, where Li seems to give in to her gut feelings once and for all. "Love was my shoreline / I stare myself blind / Now was not out time / No I let you down" is a long way from the Youth Novels of six years ago.

"That's what naturally happens to you as a woman, you are someone at 21 and you're someone else at 28, hopefully," says Li. "And hopefully you've lived and learned and crashed and burned."

Mmmm

Music, movies, modelling and... mezcal?

- In addition to a contract with VIVA Model Management agency, an acting gig in the Swedish crime film Tommy and an appearance on U2's The Troubles, Li plans to start a mezcal company. But her music is never far from her mind.
- "I always want to grow as a songwriter. So whenever I'm done with a tour, I'm going to write songs about my feelings."

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Will Sleepy Hollow suffer sophomore slump?

Second season. After coming off a bold debut that exceeded expectations, series settles into a more character-driven collection of episodes

Sleepy Hollow was renewed after just three episodes last year, and star Tom Mison, who plays Ichabod Crane, calls the new season "the tricky second album."

"Last season people were ... expecting us to be terrible," Mison says of the mythical drama.

"Let's be honest ... (the show's premise is) quite a bold idea. Last season: low expectations. This season: high."

Set in the present, Crane awakens after being killed in the Revolutionary War. He must adjust to the new time period, battle the headless horseman and prevent the apocalypse with the help of police Lt. Abbie Mills (Nicole Beharie). He's also trying to reunite with his wife, Katrina.

Beharie says Sleepy Hollow will be more character-driven this season.

"This year it's a lot more personal, and there are a lot of questions about (whether Ichabod and Abbie) can remain loyal to one another and to their cause," she says.

Watch it

- Sleepy Hollow airs Mondays at 9 ET/PT on Global, and is available online Tuesdays at globaltv.com.

Some fans are rooting for a romantic link to develop between Ichabod and Abbie. "He's a guy, I'm a girl, and they're like, 'There should be kissing involved,"' Beharie says with a laugh.

"I didn't see that happening. Not at all ... That happens in some shows, but they're sort of focused on saving the world and the apocalypse, so I don't see Abbie wanting to fight over the same romantic guy in any way."

Various Sleepy Hollow-themed books are in the works. The first, The Secret Journal of Ichabod Crane, is now in stores.

Beharie would like to do a pop-up themed episode, where various behind-the-scenes facts about filming appear on the screen during different scenes.

Sleepy Hollow is filmed in Wilmington, N.C, which Mison says can be "very close to unbearable" when the weather is very humid.

"The noises that I make when the wig comes off and that coat comes off," he joked. "I've never experienced joy like it." THE ASSOCIATED PRESS

Quoted

"Let's be honest ... (the show's premise is) quite a bold idea. Last season: low expectations. This season: high."

Tom Mison, who plays Ichabod Crane on Sleepy Hollow

Nicole Beharie as Abbie and Tom Mison as Ichabod in Season 2 of Sleepy Hollow. CONTRIBUTED

Hollywood

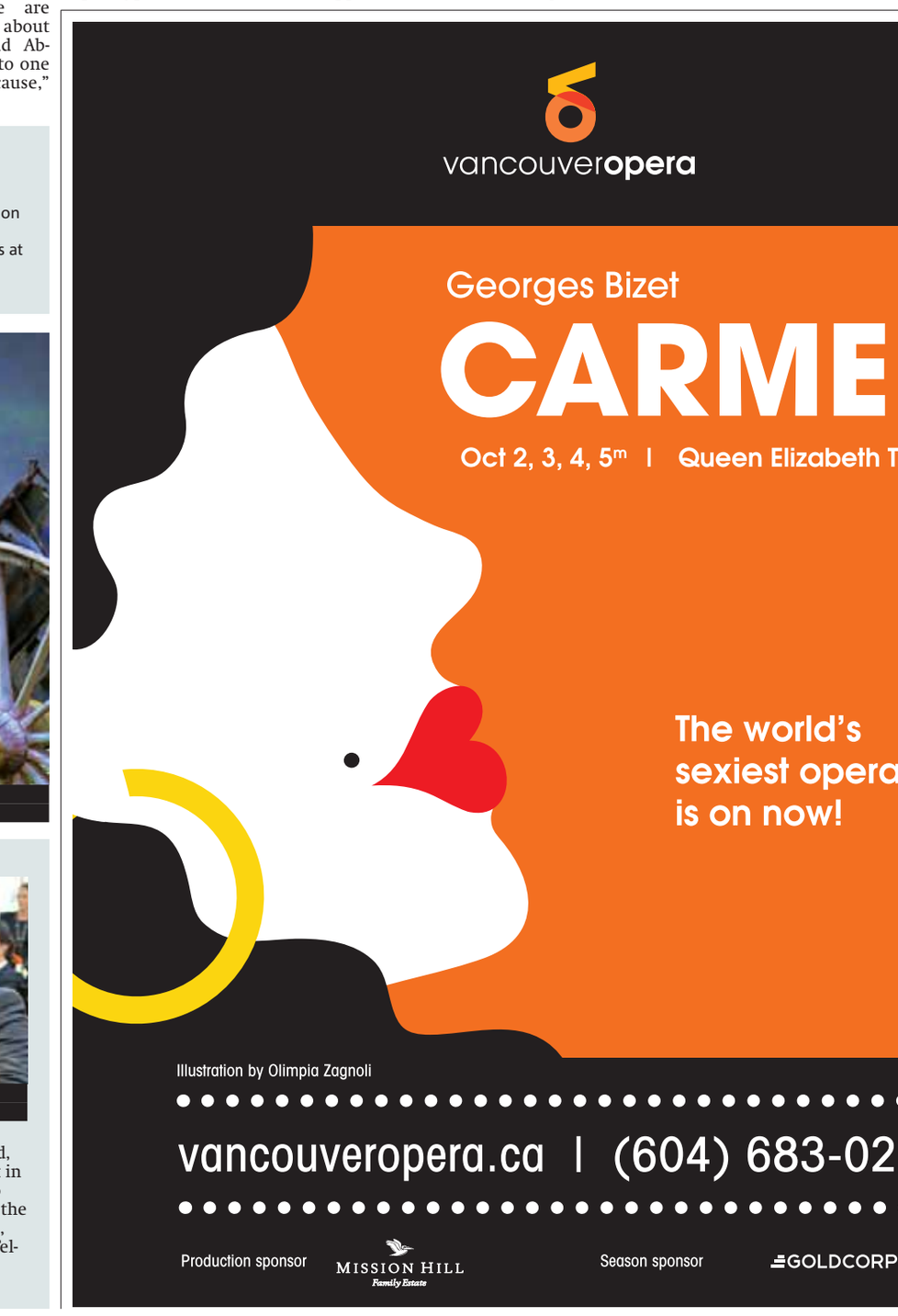
Tarantino set to start filming in Colorado in December

Quentin Tarantino's next Western, The Hateful Eight, moves closer to production with Colorado picked for its on-location shoot starting in December.

Put on hold when the script was leaked in January 2014, The Hateful Eight is alive and kicking, with Colorado's Economic Development Commission confirming its status. Tarantino had suggested a 2015 release back in May, following an authorized, ticketed live read event in April. Shooting is set to start on December 8 at the 900-acre Schmid Ranch, 15 kilometres west of Telluride.

AFP

Quentin Tarantino
AFP FILE



Lindsay Lohan ALL PHOTOS GETTY IMAGES

Relatively speaking: Lohan's got a go-to answer for cranky critics

Lindsay Lohan is countering critics of her West End debut, Speed-the-Plow, with a point that's really, really hard to refute: It could've been so much worse. While some have focused on flubbed lines and uninvited audience laughter during her first week of previews, "It could've been a disaster — but it wasn't by far," Lohan tells the Daily Mirror. "I could've not shown up. But of course I did, it's my show. I'm doing the best I can and will for the duration." If you say so! The best part? It's a rhetorical device you can employ in your own life. The next time your boss is disappointed in your performance, simply offer back that at least you didn't release rabid land-sharks into the office. Manage expectations, people. Manage expectations.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

London calling: Pattinson says Cali's starting to lose its cool

NED EHRBAR
Metro in Hollywood

Great job, Los Angeles. You went and scared off another one. Twilight star Robert Pattinson is apparently checking prices on last-minute flights to London.

"I think I might be done with Los Angeles. I've just realized that in the past few weeks," Pattinson tells The Independent's Radar magazine — though he might just be trying to butter up a British outlet. "I think I need to spend more time in London, or just move around a bit more. I've been in L.A. for six or seven years or something, and it's weird. The more you stay there, especially as an actor, the more you think you need to be there, that you'll be missing out on something by leaving, but you are not, really."

L.A., stop scaring off all the sensitive British boys, or the U.K. will start sending back the celebrities it agreed to take off our hands.

Brad Pitt

Brad's philosophy of blah: According to actor, life is the Pitts, until it isn't

It's coming up on Oscar season, and Brad Pitt has a big Second World War drama, Fury, coming out that he hopes folks will see. So naturally that means it's time to talk to GQ about his personal life. Like his recent marriage to Angelina Jolie. "I wouldn't say (marriage is) just a title. There's more to it than that," he tells the magazine. Yes, but is he happy? "I've always believed happiness is overrated, you know?" he says. "It's those difficult times that inform the next wonderful time, and it's a series of trade-offs, of events, of wins and losses." OK…

Mentoring him could be the start of something big
- like a rise in literacy

start something with a donation of time or money at bigbrothersbigsisters.ca

Big Brothers Big Sisters.ca

Embrace the changing season

Our bodies respond to the fluctuations in the seasons, so we have to make alterations to our routine, diet and supplement regime. The Canadian Health Food Association (CHFA) has tips to help you prepare for the shorter, colder days ahead.

NEWS CANADA

Eat in season

With the arrival of autumn, it's always a good idea to change up your diet, adding the delicious foods that the season offers. Fresh pumpkins, yams, squash, sweet potatoes, turnips, apples, pears and figs are all rich in fibre, vitamins and minerals. Pumpkins, squash and root vegetables are abundant in vitamin A and carotenoids, which give them their rich orange colour. Vitamin A and carotenoids are powerful anti-oxidants that can help prevent premature aging and a number of serious illnesses. Make sure to consult The Dirty Dozen and the Clean 15 online to know which fruits and vegetables are the most and least contaminated by pesticides.

Detox and supplement in season

We think of spring as the perfect season for cleansing and spring cleaning, but it's just as important in the fall.

A fall detox cleanse will help to stave off seasonal colds, keep your immune system healthy, and prepare you for the colder months ahead.

Visit your local health food retailer, where you can find a number of detox solutions, including teas and supplements, as well as several fall detoxifying foods, such as organic apples and beets.

With the changing season, now is also the perfect time to boost your immune system. As we start spending more time indoors, cold and flu bugs spread with more ease. Garlic pills, probiotics, vitamins B, C and D, E3 and Zinc are all powerful supplements that will help boost your immune system and help you fight off the nasty bugs that spread in autumn and winter.

Boost your mood this season

As many as 20 per cent of Canadians are affected by seasonal affective disorder (SAD); commonly known as the winter blues. This is a physiological mood disorder that causes depressive symptoms during fall and winter, impacting people that have normal mental health throughout the rest of the year. To cope with the blues, make sure you are getting enough vitamin D, which is known to boost mood. In fall and winter, we can't produce this vitamin because of the lack of exposure to UV rays from the sun. It's a good idea to talk to your healthcare practitioner about the benefits of taking a vitamin D supplement.

Embrace the season

In between the rainy and windy days of autumn, the sun peeks through just as often. Fall days are made more beautiful with changing leaves and the warm sun. Autumn is filled with beauty. Embrace it and enjoy it before the long cold weather takes over. Take part in fall activities with your family, such as apple picking or local fall fairs.

YOU CAN LOCATE YOUR NEAREST NATURAL HEALTH FOOD STORE, WHERE YOU CAN FIND FRESH SEASONAL FOODS AND LEARN MORE ABOUT BENEFICIAL NATURAL HEALTH PRODUCTS FOR THE FALL ONLINE AT CHFA.CA.

For your phone

Pocket Yoga (Adroid/ iPhone/iPad; $2.99)

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This six-week course by Oxford University Prof. Colin Espie offers a sleep diary and lessons in cognitive behavioural therapy to improve your night's rest. Long-term use requires an expensive subscription.

Count sheep and avoid fasting

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, we find the answers to everyday health questions. Here are three.

Is heartburn a minor problem?
No. If it occurs regularly, over time heartburn can damage the lining of your esophagus, causing complications such as painful or bleeding ulcerations.

If you have heartburn more than three times a week, or wake up in the night because of coughing, wheezing, choking or asthma, talk to your doctor.

Can lack of sleep actually make you sick?
Yes. A study of 24,715 people in Norway in 2013 found that insomnia was a significant risk factor for a range of health conditions, from depression and anxiety to rheumatoid arthritis and asthma.

Sleep deprivation can also increase levels of inflammatory chemicals in the body, and inflammation is known to contribute to heart disease.

Moreover, not getting your "vitamin ZZZ" can make high blood pressure worse and even raise your blood sugar.

A Harvard Medical School study found that women who slept five or fewer hours per day were nearly a third more likely to develop diabetes than women who got a more reasonable amount of sleep.

Will fasting help you drop pounds for good?
No. There is evidence that periodically cutting back on daily calories (consuming one third to one half fewer calories) can be good for you, but if you fast, or "detox," for days at a time, the few pounds you lose will probably come back as soon as you start eating again.

Here's why: When you fast, your metabolism slows down, meaning you burn fewer calories.

Insomnia can cause depression, anxiety, asthma and many other health problems. ISTOCK

Some people go on fasts to rid their body of toxins, but there is little evidence this works. If you are in good health, your kidneys and liver already do a good job of filtering out most ingested toxins. You may feel better, but that's probably because you are avoiding processed foods that have unhealthy fats and added sugar, which you can avoid without fasting. **FOR MORE HEALTHY LIVING IDEAS, FROM FITNESS TO FASHION TO FOOD, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.**

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Bains Pharmacy	Delta	Nature's Best Natural Foods	Vancouver
Best Choice	Burnaby	New Triple A Market	Vancouver
Bonsor Pharmacy	Burnaby	P & A Pharmacy	Vancouver
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Consumers Nutrition Center Ltd.	Richmond	Remedy's Rx Pharmacy	Burnaby
For Real Foodmart	Richmond	Richport Pharmacy	Richmond
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Garlane Pharmacy	Vancouver	Rx Save Pharmacy	Burnaby
Green Leaf Organic Health	Vancouver	Shop For You	Vancouver
Kwantlen Pharmacy	Surrey	Steveston Pharmacy Ltd.	Richmond
L&C Pharmacy and Nutrition House	Richmond	Surrey Natural Foods	Surrey
Lotte Shopping Centre	Vancouver	Your Vitamin Store	Vancouver
Low Cost Western Pharmacy	Vancouver	Tung Yun Tong Herbal Co. Ltd.	Richmond
Medicare Pharmacy	Richmond	Valley Green Pharmacy Ltd	Langley
		Vancouver Pharmacy	Burnaby
		Your Vitamin Store	Richmond

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Want to get married? Don't double-click your mouse

Despite the surging popularity of online dating, it may not be the best bet for those looking to marry, according to researchers at Michigan State University, East Lansing, who set out to explore how couples' meeting venues could play a role in the duration of the relationship.

They examined married couples and couples that didn't last, working with 4,002 responses to a survey, the results of which suggest that online dating is less likely to lead to marriage.

Of the survey respondents, 2,923 were either married (64.18 per cent) or in a romantic relationship (35.8 per cent) and only 280 couples in this pool had met online.

Eight per cent of married couples that had met online reported ending their marriages in separation or divorce whereas only two per cent of those who'd met in traditional offline circumstances reported divorce or separation.

The researchers concluded, however, that relationship quality was the most important factor in whether marriages and romantic relationships lasted.

A survey shows couples who meet online may be less likely to get married. AFP

"The time-tested qualities of trust and intimacy still remain important factors on determining whether a couple stays together, regardless of whether they meet offline or online," says Brenda K. Wiederhold, Editor in Chief of the journal Cyberpyschology, Behavior and Social Networking, in which the paper was published.

For those looking to date and engage in whirlwind romance, online dating might be the best bet as researchers found that 96.3 per cent of dating website users were successful at forming relationships using them. AFP

Low-carb versus low-fat

Diets. Which one actually works? Both

Both low-fat and low-carb diets work if you commit to them. CONTRIBUTED

It's a question that bedevils dieters on a regular basis: Is a low-fat or a low-carb diet the true path to weight reduction?

A new study suggests either will do — so long as you work at whichever one you choose.

The study is what is called a meta-analysis; it groups and re-analyzes data from 48 different randomized trials of diets.

The work was done by researchers at Toronto's Hospital for Sick Children, McMaster University and a number of other institutions in Canada and the United States.

The authors say that of the so-called branded diets, those that espouse a low-fat or a reduced-carbohydrates approach work better than the others.

But when those two approaches are compared, the results are more or less equal.

"Our research has shown that ... low-carbohydrate and low-fat diets result in the most weight loss, about 18 pounds (8.2 kilograms) in six months and 16 pounds (7.3 kg) in 12 months, and there's very small differences between the two," says first author Bradley Johnston, a senior scientist at the Hospital for Sick Children's Research Institute.

The publication of the work — in the Journal of the American Medical Association — is timely. A study recently published in the Annals of Internal Medicine reported people who eschew carbs and eat more fats lose more weight than people who follow a low-fat diet.

Johnston acknowledges it is hard to interpret dietary science. So he and his colleagues set out to see what the compilation of studies reveals.

He says findings make it clear these diets can lead to weight loss, if people do the work. That said, the results were modest. The median weight loss for people following a low-carb diet was nearly nine kilograms at six months; the median loss for low-fat diet followers was eight kilograms. At 12 months, both groups slipped a bit to just more than seven kilograms for both diets.

"For those who believe that they don't work, short-term, this evidence suggests that they do. And we need a lot more research in terms of the long-term effectiveness of these types of interventions and we need to look closely at adherence," says Johnston. "If they're relatively equal, then you should choose something that you feel that you can adhere to." THE CANADIAN PRESS

Stress. It can hurt your unborn baby

Mothers know to try staying calm during pregnancy, as stress has been linked to behavioural and developmental problems for their babies. But now, a new study found that it also increases the risk for allergy-related asthma.

Stress hormones called glucocorticoids work to reduce inflammation; synthetic versions are used to treat allergic reactions. But when these same hormones are present in the body of a person who's under chronic stress, they can trigger allergic responses instead of fighting them. Pregnant women have naturally higher levels of these hormones.

In the study, published in the American Journal of Physiology, doctors exposed groups of pregnant mice to either a single bout of stress, a synthetic hormone to mimic a stress response, or an inhibitor to block the release of stress hormones. The offspring of all the mice were exposed to allergens after birth.

EVA KIS, METRO IN NEW YORK

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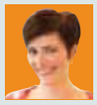
For dinner this week, try chicken with a whisper of sweet nothings

Health Solutions

If it looks and tastes like sugar, it could be Xylitol



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With the World Health Organization recommending a reduction in sugar to a daily maximum of six teaspoons, you want to find every way possible to cut it out. And many will max out before they even finish their coffee quota.

As far as artificial sweeteners go, some may contribute to blood-sugar levels. Other common complaints are how some leave a bitter taste and can't easily be used in baking. Hmm.

Have you heard about Xylitol? It's derived from the sugar molecule, but only has one portion of the entire composition.

The net result is that it's lower on the glycemic index, which makes it safe for diabetics. It also has 33 per cent less calories than sugar.

Canada-born Xyla (xylitol's consumer-friendly name) is derived from hardwood and "is an easy and all-natural way to indulge in your favourite sweets without all the calories and blood sugar spikes," says Julie Reid of Xylitol Canada Inc.

"Xyla looks like sugar, tastes like sugar and bakes like sugar and can be swapped 1:1 in any recipe."

But unlike sugar, there are actual benefits to its consumption.

It blew me away to discover that Xyla protects tooth enamel by changing the pH of saliva. It has also been shown to prevent ear infections in children.

Xyla is used in products like sugar-free ketchup, toothpaste and mouthwash. Sounds like a good swap to make just before the Halloween Sugar Cavity Monster comes knocking.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves four. THERESA ALBERT

Sugar-Free Sweet Garlic Chicken. Classic Asian-inspired flavours make this dish an ideal weeknight option

THERESA ALBERT
myfriendinfood.com

This recipe uses Xyla, a low glycemic, all-natural sugar substitute that tastes and bakes just like sugar — without the calories, cavities or blood sugar spikes.

It is a quick and simple one-pot meal that starts on the stovetop and results in a sticky, sweet Asian flavoured meal.

1. Preheat oven to 425 F.

2. Preheat a cast iron skillet and rub with oil. Brown the chicken drumsticks over high heat and remove, set aside. Wipe any fat from pan and add the sliced mushrooms to brown. Stir in peppers.

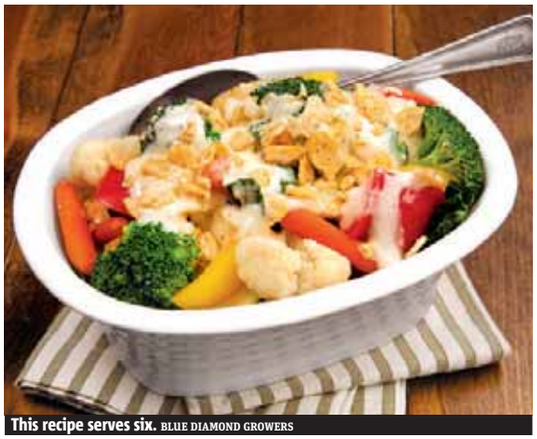
3. For the sauce, mix together Xyla, ginger powder, soy sauce, sesame oil and water.

4. Add chicken back to pan and pour sauce over. Turn chicken in mushroom-sauce mixture and place into oven to bake for 15-20 minutes until cooked through. Serve with steamed rice.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 tsp grapeseed oil
- 2 lbs chicken drumsticks
- 1 lb sliced mushrooms
- 2 red bell peppers, chopped
- 1/8 cup Xyla
- 1 tsp dry ginger powder
- 1/8 cup low sodium soy sauce
- 2-3 drops sesame oil
- 1/4 cup water



This recipe serves six. BLUE DIAMOND GROWERS

How totally cheesy of you

This easy, cheesy veggie dish will satisfy even picky eaters. Try Gruyère, Emmenthal or Swiss cheese, depending on your family's preference.

1. Melt butter in a small saucepan over medium heat. Add flour; cook and stir for 1 minute. Whisk in almond beverage until smooth then add Dijon, onion powder and herbs. Cook over low heat for 5 minutes to thicken slightly.

2. Add cheese, a little at a time, cooking for 2 to 3 minutes or until cheese is melted, stirring frequently. Season with garlic salt and pepper and set aside and keep warm.

3. Place vegetables in a medium glass bowl and add 1/2-inch water. Cover and microwave on High for 6 minutes or until crisp-tender. Drain well and transfer to a serving bowl. Pour warm cheese sauce over top and sprinkle with crushed crackers. Serve immediately.

BLUE DIAMOND GROWERS

Ingredients

- 1 tbsp (15 ml) butter
- 1 tbsp (15 ml) flour
- 3/4 cup (175 ml) Almond Breeze® Original
- 1 tsp (5 ml) Dijon mustard
- 1 tsp (5 ml) onion powder
- 1/4 tsp (1 ml) herbs de Provence
- 1 cup (250 ml) shredded Swiss Light cheese
- Garlic salt and pepper, to taste
- 6 cups (1.5 l) bite-size chunks fresh vegetables (such as bell peppers, broccoli, cauliflower, squash, carrots and torn fresh kale)
- 12 Blue Diamond® Almond Cheddar Nut Thins crackers, crushed

B.C. Lions

Harris to undergo ankle surgery

The B.C. Lions have been dealt a devastating blow.

The local CFL club announced Monday morning that Canadian running back Andrew Harris has suffered a separation of his left ankle and will undergo surgery on Tuesday.

The injury occurred late in the fourth quarter of Saturday's loss to the Calgary Stampeders. Harris was tackled and fell to the ground, writhing in pain. He had to be helped to the sidelines by two teammates, and couldn't put any pressure on his left leg.

Harris, originally from Winnipeg and the Most Outstanding Canadian from the 2011 Grey Cup, leads the league in yards from scrimmage after 14 weeks this season.

The Lions, with five games remaining in their regular-season schedule, have placed Harris on the six-game injured list.

In April, the Lions signed Harris to a contract extension through the 2015 season.

The club also announced that international receiver Bryan Burnham has been placed on the six-game injured list with a laceration to his spleen.

He also suffered the injury Saturday. The club stated it does not appear Burnham will require surgery.

The Lions have been decimated by injuries throughout their lineup this season.

They return to practice on Tuesday, and will travel to Hamilton later in the week to prepare for Saturday's meeting with the Tiger-Cats. CAM TUCKER/METRO

Horvat makes his case for Canucks

NHL. Vancouver's ninth overall pick from 2013 fares well against stiff competition from Arizona Coyotes

CAM TUCKER
cam.tucker@metronews.ca

There were only a few, brief moments of excitement for the Vancouver Canucks in a pre-season loss to the Arizona Coyotes on Monday.

At the cause of that, at least on two very distinct occasions, was the line of Bo Horvat, Nicklas Jensen and Hunter Shinkaruk, all first-round picks of the Canucks and looking to crack a spot on the 23-man roster.

The goals didn't come from that unit, however. The Canucks lost to the Coyotes 4-2.

Bo Horvat GETTY IMAGES FILE

Derek Dorsett and Radim Vrbata scored for Vancouver.

Once in the first period and again in the third, the young trio — Jensen is the oldest at 21 — hemmed in their opponents with a quick and enthusiastic pursuit of the puck.

Horvat, who isn't eligible to play in the American Hockey League this season, also spent nearly three minutes on the penalty kill.

Two games are all that is left of this exhibition season.

Canucks defenceman Frank Corrado, right, fights for control of the puck with the Coyotes' Rob Klinkhammer during NHL pre-season action on Monday night at Rogers Arena. JONATHAN HAYWARD/THE CANADIAN PRESS

Getting this far along into September, Horvat admitted that, yes, a roster spot has crossed his young mind.

Because he can still be sent back to junior, it's possible the Canucks keep him for nine games without burning a year of his entry-level deal, and then re-assign him back to the Ontario Hockey League.

"You try not to think about it too much," said Horvat.

"It's out of your control. You've just got to control what you do on the ice and that's what I try to do."

Monday's test was a little stiffer compared to others Horvat and his fellow top prospects have faced to this point.

Of the four centres on Arizona's roster Monday, three are bona fide NHL players. The fourth, Joe Vitale, has more than 160 games experience at the big-league level.

Horvat has the look of a young player physically ready to play professional hockey. His inexperience may have shown up most in the face-off circle. He won four of 10 draws.

"It's tough. Taking draws against those guys, they're grown men. They've been in the league for a while," said Horvat.

"It's just something you've got to get used to."

Knocked out of action

Canucks defenceman Frank Corrado left Monday's game with an upper-body injury and did not return.

- Head coach Willie Desjardins said Corrado will be re-evaluated Tuesday.

Paris Jackson. Eskimos sign ex-Lions receiver

Veteran wide receiver Paris Jackson was signed by the Edmonton Eskimos on Monday, the team has announced.

He has 426 catches for 5,791 yards and 31 touchdowns in 188 career games with the B.C. Lions (2003-13) and Ottawa Redblacks (2014).

Jackson was originally selected by B.C. in the first round (sixth overall) of the 2003 CFL Canadian Draft.

The six-foot-three, 215-pound Vancouver native was a CFL West Division All Star in 2008 and is a two-time Grey Cup champion (2006, 2011). THE CANADIAN PRESS

Paris Jackson GETTY IMAGES FILE

Seahawks

Miller chooses surgery over playing with pain

The Seattle Seahawks will be without tight end Zach Miller for at least a few weeks after he underwent ankle surgery during the team's bye week.

There is no set timetable for when Miller will return. Head coach Pete Carroll said they would give him a "couple of weeks" and then take it on a week-by-week basis. THE ASSOCIATED PRESS

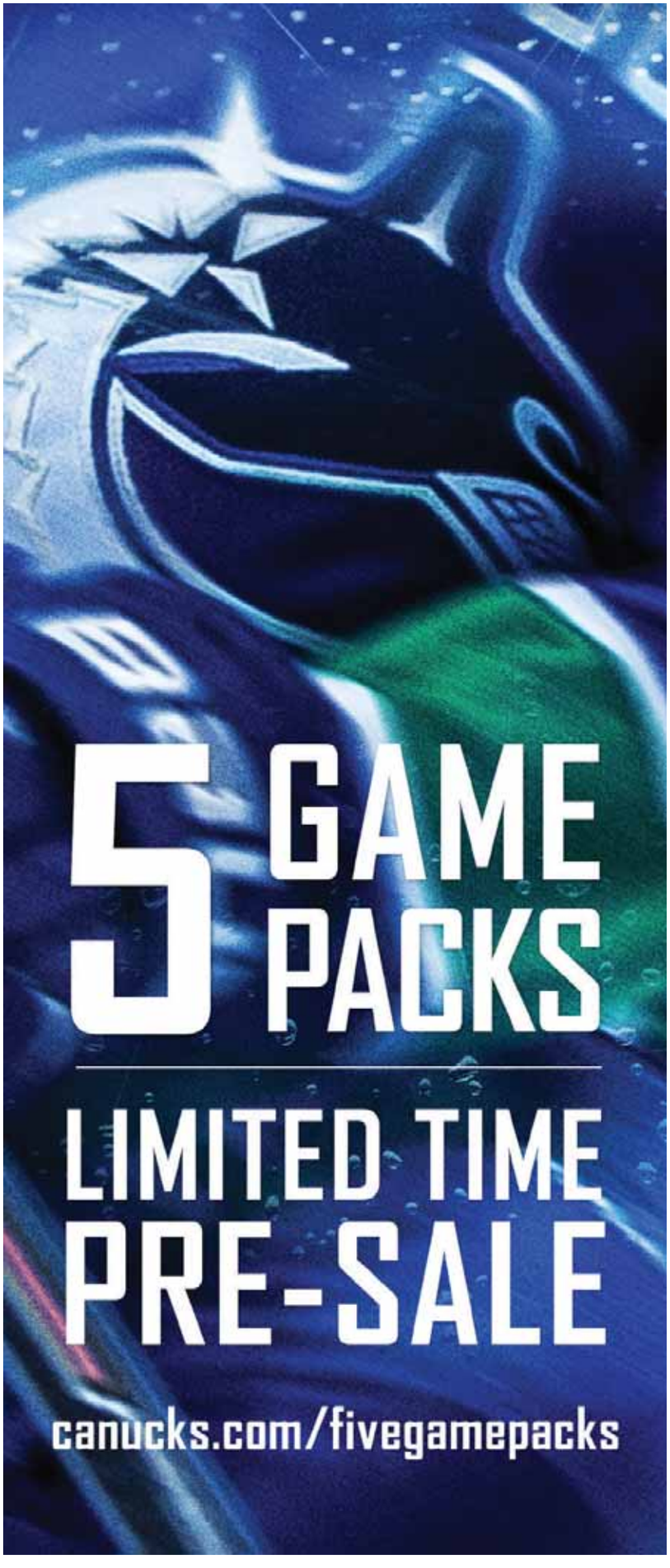
Charles in charge. Chiefs run all over Patriots

Jamaal Charles returned from an injury to score three touchdowns, Tom Brady was picked off twice and the Kansas City Chiefs beat New England 41-14 on Monday night to hand Bill Belichick one of his worst losses as coach of the Patriots.

Charles, who missed last week's win in Miami with a sprained ankle, ran for 92 yards and a score. He also caught two TD passes from Alex Smith, who finished with three touchdowns through the air. THE ASSOCIATED PRESS

Jamaal Charles of the Chiefs looks for additional yardage against the Patriots' Logan Ryan on Monday night. PETER AIKEN/GETTY IMAGES

4 SPORTS



A's, Royals went all in for this moment

MLB. Marquee starters set to square off in Kansas City with spot in ALDS on the line

Starting pitchers Jon Lester, left, and James Shields were brought onto their respective teams at great cost for situations such as Tuesday night's wild-card playoff game in Kansas City, Mis. LEFT: EZRA SHAW, RIGHT: JAMIE SQUIRE/GETTY IMAGES

The Kansas City Royals made one of the boldest trades in franchise history two years ago. The Oakland Athletics made a similarly aggressive move just a couple of months ago.

The results of both will be in the spotlight Tuesday night.

For the Royals, it's "Big Game James" — James Shields, the centrepiece of a deal with the Tampa Bay Rays that finally pushed the long-downtrodden franchise into the post-season for the first time in 29 years. For the A's, it's Jon Lester — the post-season star of the Red Sox last season who was acquired by Oakland at the trading deadline just for this moment.

The one-game AL wild-card playoff. The winner advances to face the Los Angeles Angels in the best-of-five division series Thursday. Loser goes home.

"I've only been here for two years," Shields said Monday, "but when I got traded over here, I knew the magnitude of what this organization was headed for. And when I got here, walking around the city and talking to the fans and really relishing the 29 years, it's a special moment."

The teams share plenty of similarities: pop-gun offences backed by strong starting pitching and two of the dominant bullpens in baseball.

They also share a significant difference: Oakland has plenty of post-season experience, making it three straight years, while Kansas City has languished near the cellar for decades.

That's the biggest reason Royals general manager Dayton Moore got Shields and reliever Wade Davis prior to last season.

Shields has delivered, pitching to a 2.31 ERA this September, and the Royals have won four of his starts in some high-pressure games.

"If you sit back and look at it, it means everything. It was the trade that got us over the hump," Royals manager Ned Yost said.

A's general manager Billy Beane had been stung by post-season disappointments, and he coveted a horse for high-leverage games.

The move Beane made for Lester on July 31, shipping slugger Yoenis Cespedes to Boston, raised eyebrows around the league. And while the Oakland offence took a hit, Lester has done his part. He is 6-4 with a 2.35 ERA in 11 starts since he arrived in the Bay Area.

Now, he gets another opportunity to pitch in the post-season.

"We have a great opportunity ahead of us," said Lester, who some thought should have been the MVP of last year's World Series, when he went 2-0 with an 0.59 ERA against St. Louis. THE ASSOCIATED PRESS

Kansas City's kryptonite?

3-0

Jon Lester went 3-0 with a 2.61 ERA against the Royals this season, winning twice in a span of a couple weeks with Oakland. He also no-hit Kansas City in 2008.

Mariners

Montero taken off suspended list

The Seattle Mariners have activated Jesus Montero off the suspended list and designated outfielder Corey Hart for assignment.

Montero's reinstatement placed Seattle over the limit on the 40-man roster. Hart was designated to clear the spot.

Montero was placed on the suspended list Sept. 1 after a heated confrontation with cross-checker Butch Baccala in the stands at a minor league game in Boise, Idaho. Montero was on a rehab assignment.

THE ASSOCIATED PRESS

Popping a bottle on pre-season

Houston centre Dwight Howard gets sprayed down during Rockets media day on Monday. Scan the image with your Metro News app to see some of the top media day images from around the NBA on Monday. DAVID J. PHILLIP/THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
No matter how hard it may be to master a new technique you will do so eventually, so keep at it and don't give up.

♉ Taurus
April 21 - May 21
Make an effort to tackle routine matters today, Yes, of course, they are boring but if you don't get them out of the way now they will continue to nag at you.

♊ Gemini
May 22 - June 21
Don't stay silent just because you worry you might upset someone who has the power to make life difficult. Chances are they respect your opinions more than you realize.

♋ Cancer
June 22 - July 23
You need to think deeply about important matters today but you also need to keep whatever conclusions you reach to yourself, at least for the time being.

♌ Leo
July 24 - Aug. 23
Why are you worrying so much about what might go wrong when just about everything in your life is going right? Maybe you fear your lucky streak will end. It won't.

♍ Virgo
Aug. 24 - Sept. 23
A complicated and confusing situation will get even more complicated and confusing. So the best thing you can do is focus on something else.

♎ Libra
Sept. 24 - Oct. 23
You know what needs to be done to improve a relationship — so do it. A week from now, a lunar eclipse in your opposite sign will challenge both of you, so make sure the bonds of love are strong.

♏ Scorpio
Oct. 24 - Nov. 22
Don't give up on a new enterprise because it is more difficult than you expected. You know the more you practice something, the easier it becomes, so give it time.

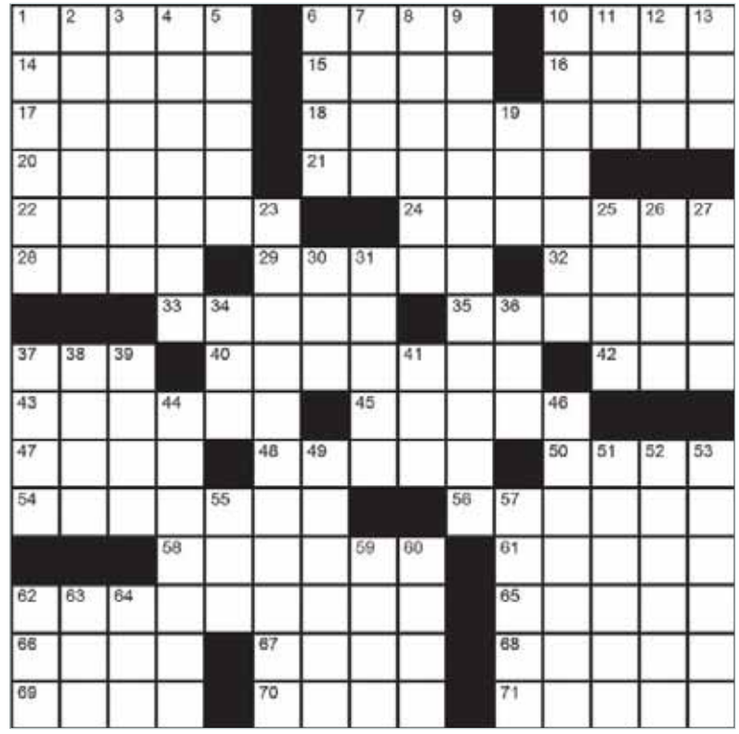
♐ Sagittarius
Nov. 23 - Dec. 21
You may find it hard to put your point of view across today, but that's okay. There is nothing that needs to be said. Read more, talk less!

♑ Capricorn
Dec. 22 - Jan. 20
You are in a serious mood at the moment and may even be searching for the meaning of life. Something right in front if you will answer all those deep questions you have.

♒ Aquarius
Jan. 21 - Feb. 19
You have no end of talent but you need to add patience and hard work to the mix if you expect to be a success.

♓ Pisces
Feb. 20 - March 20
There will be moments today when you wonder if your efforts are truly appreciated but don't let the apparent indifference of friends and loved ones get you down.

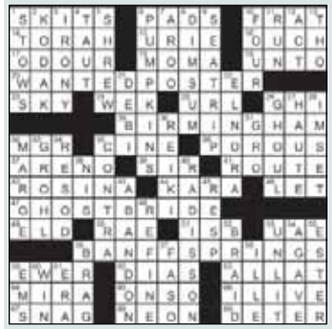
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Allan __, Republic of Doyle star
6. Intertwine
10. Valerie __ (Officer Wendy Sung on Motive)
14. Literature's T.S.
15. One being conned
16. Customer's slip [abbr.]
17. Aware
18. #10-Down's team, Cleveland __
20. Edible seaweed
21. Red Hot Chili Peppers' Anthony
22. Selects a dish
24. Player listings
28. Arboreal dwelling
29. CEO's 'C'
32. 'Chick' suffix
33. 'Murdered' mythologically
35. Canadian journalist Rinaldo
37. Feline
40. Cdn. actor Will's
42. Mad Men creations, briefly
43. As an assembled abode
45. Gleans
47. 'Air'-meaning prefix
48. Eight member group
50. '80s hit: "(I Just) Died in Your __"
54. Tuscany's marble city
56. Vowel-friendly Ontario village
58. Broccoli bloom
61. Perspective
62. Components of Elvis Presley's look
65. Formally boring
66. Jai's court partner
67. Prefix to 'byte'
68. Third canonical hour
69. Hull's 'hundred'
70. Munich mister
71. No __ Salt (Food label info)

Down
1. Way to face a problem: 2 wds.
2. Beauty magazine
3. Handles
4. Gone with the Wind undergarments
5. River rollicker
6. Goo
7. Mr. Morales
8. __ weather warning
9. The Queen, in Canada: 3 wds.
10. Canadian basketball star Thompson
11. Soda cooler
12. Spring month
13. Late-shift times (abbr.)
19. '_' __ for Labrador
23. Where Mike Myers was born; or, Simon & Garfunkel's 'Fair' song
25. Scandinavian story
26. Cdn. actress Fiona
27. Dates
30. Q. "Is there an '_' __ #23-Down's answer?" A. "Yes, it's the last letter."
31. Torpid
34. California baseball team [acronym]
36. Cleopatra's snake
37. Politics channel
38. Nevada's __ 51
39. Yukon, e.g.
41. __ it up (golf)
44. Give up due to a penalty
46. Canonized
49. Sex and the City character
51. Consider
52. Newman/Field's "Absence of __"
53. Finished as Elvis' blue shoes
55. Nite And Day: 1988 hit for ___. Sure!
57. Bob Marley album: '__ Revolution'
59. Mechanical __.
60. Ivan's terrible gig
62. NBA's Kings
63. __-de-France
64. Roseanne hubby

Yesterday's Crossword



Online
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					1			8
1		6			2	7		
	8						3	6
		1		6				4
			5		7			
5				9		3		
7	9						5	
		5	4			8		3
2			3					

Yesterday's Sudoku

4	5	7	6	3	1	9	2	8
1	3	6	9	8	2	7	4	5
9	8	2	7	5	4	1	3	6
8	7	1	2	6	3	5	9	4
3	6	9	5	4	7	2	8	1
5	2	4	1	9	8	3	6	7
7	9	3	8	1	6	4	5	2
6	1	5	4	2	9	8	7	3
2	4	8	3	7	5	6	1	9

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Citoyenneté et Immigration Canada
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‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

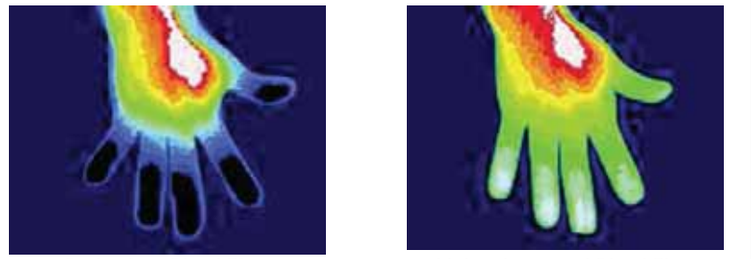
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

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- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
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